

KNOWLE AND DORRIDGE RUNNING CLUB

SPRING/SUMMER 5K - 10K TRAINING PROGRAMME

Week	Start	Wednesday Session	Other Session	Saturday/Sunday
1	11/05/2015	6 * 3 minutes hard with 3 minutes rest	25 minutes Kenyan Hills (continuous hard effort)	6 - 12 miles steady
2	18/05/2015	5 - 7 miles tempo run	10 x 400m with 60 seconds rest	6 - 12 miles steady
3	25/05/2015	4 - 5 * 1 mile with 60 seconds rest	25 minutes Kenyan Hills (continuous hard effort)	6 - 12 miles steady
4	01/06/2015	5 - 7 miles tempo run	12 x 400m with 60 seconds rest	6 - 12 miles steady
5	08/06/2015	6 - 8 * 800m with 60 seconds rest	25 minutes Kenyan Hills (continuous hard effort)	Two Castles 10k
6	15/06/2015	5 - 7 miles tempo run	6 - 8 * 800m with 60 seconds rest	Arden 9
7	22/06/2015	6 * 3 minutes hard with 3 minutes rest	25 minutes Kenyan Hills (continuous hard effort)	Stratford Summer Six
8	29/06/2015	5 - 7 miles steady run	12 x 400m with 60 seconds rest	6 - 12 miles steady
9	06/07/2015	4 - 5 * 1 mile with 60 seconds rest	25 minutes Kenyan Hills (continuous hard effort)	Northbrook 10k

Notes

For the best results and depending on your level of fitness you should aim to do 1 or 2 other steady runs of If you can't measure the exact distance for the intervals you can work out how long this would take you at

Sessions Explained

Kenyan Hills involve running up and down a hill of 200 - 400m at a continuous fast pace (at or close to your target 5k or 10k pace)

For the interval training (for example 6 * 3 minutes or 8 * 800m) you should do a thorough warm up, including a jog/steady run of up to 1 mile and some plyometric drills (we'll show you what these are!) and short sprints, as well as a jog to cool down.